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**ATTENTION NEW STUDENTS**

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If you are more interested in becoming a healthy husky,

Check out these sources.

HUSKY HABITS

* Exercise **DAILY**

**-**the student recreational center is free with tuition and is open daily

* Eat BALANCED meals

-the Commons offers healthy choices every day!

* Do not binge drink alcohol

-Each beer is about 150 calories

**Freshman- Be a Bloomsburg Husky! DON’T BE HUSKY!**

You are on your own now. You are now a wild husky, away from home, family, and friends and left to make your own decissions. When making these decissions, keep in mind the importance of being healthy! Try and live by these HUSKY HABITS below to become a healthy husky!!!!

**Weight gain: Does it affect you?**